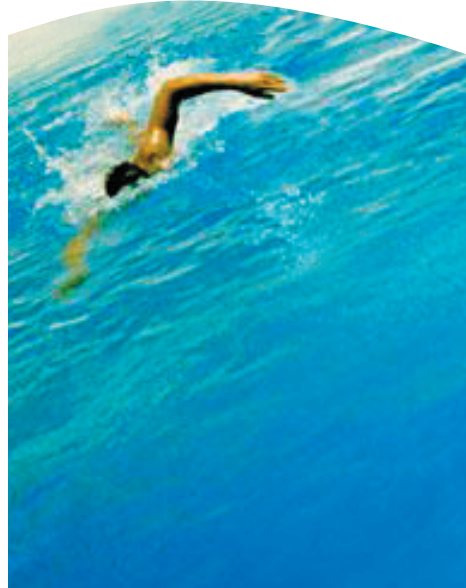


three island swim

JUMP IN!



SATURDAY JULY 31, 2004
starts 12:00 noon at the Yacht Club dock

It's all about fun and participation! Now a fixture on the August long weekend, this is the 14th annual three island swim. We start at the Yacht Club dock and swim around three islands covering 3 kilometres. We finish with food, draw prizes and recognition awards!

relay relay relay

If you prefer the social over the endurance aspect of the three island swim, then include two others and make a relay out of it!

spotters required

One ingredient for success is the spotter to cheer you on and guide you. Behind every good swimmer is a great spotter!

registration

Preregister for \$10 and order your commemorative three island swim clothing for you and your trusty spotter! The three island swim also features a 50/50 draw with proceeds going to the Celebrating a Century of Summers capital campaign. For further information, please contact Don Konantz at (604) 926-5701 or email dkonantz@allstream.net